

## Beth Israel Deaconess Milton Community Resource List

Community Benefits Service Area includes: Milton, Quincy and Randolph

Health Issue	Organization	Brief Description	Address	Phone	Website
	Department of Mental Health-Handhold program	Provides tips, tools, and resources to help families navigate children’s mental health journey.		833.773.2445	<a href="http://www.handholdma.org">www.handholdma.org</a>
	Executive Office of Elder Affairs	Provides access to the resources for older adults to live healthy in every community in the Commonwealth.	1 Ashburton Place 5th Floor Boston	617.727.7750	<a href="http://www.mass.gov/orgs/executive-office-of-elder-affairs">www.mass.gov/orgs/executive-office-of-elder-affairs</a>
	Find Help	Provides resources for financial assistance, food pantries, medical care, and other free or reduced-cost help.			<a href="http://www.findhelp.org">www.findhelp.org</a>
	Mass 211	Available 24 hours a day, 7 days a week, Mass 211 is an easy way to find or give help in your community.		211 or 877.211.6277	<a href="http://www.mass211.org">www.mass211.org</a>
	Massachusetts Behavioral Health Help Line	Available 24 hours a day, 7 days a week, connects individuals and families to the full range of treatment services for mental health and substance use.		833.773.2445	<a href="http://www.masshelpline.com">www.masshelpline.com</a>
	Massachusetts Elder Abuse Hotline	Hotline is available 24 hours a day or by phone. Older adult abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community.	1 Ashburton Place 5th Floor Boston	800.922.2275	<a href="http://www.mass.gov/orgs/executive-office-of-elder-affairs">www.mass.gov/orgs/executive-office-of-elder-affairs</a>

**Statewide Resources**

Women, Infants and Children (WIC) Nutrition Program	Provides free nutrition, health education and other services to families who qualify.		800.942.1007	<a href="http://www.mass.gov/orgs/women-infants-children-nutrition-program">www.mass.gov/orgs/women-infants-children-nutrition-program</a>
MassOptions	Provides connection to services for older adults and persons with disabilities.		800.243.4636	<a href="http://www.massoptions.org">www.massoptions.org</a>
Massachusetts Substance Use Helpline	24/7 Free and confidential public resource for substance use treatment, recovery, and problem gambling services.		800.327.5050	<a href="http://www.helplinema.org">www.helplinema.org</a>
National Suicide Prevention Lifeline	Provides 24/7, free and confidential support.		988	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>
Network of Care Massachusetts	Provides a searchable directory of over 5,000 Behavioral Health service providers in Massachusetts.		833.773.2445	<a href="http://www.massachusetts.networkofcare.org">www.massachusetts.networkofcare.org</a>
Project Bread Foodsource Hotline	Provides information about food resources in the community and assistance with SNAP applications by phone.		1.800.645.8333	<a href="http://www.projectbread.org/get-help">www.projectbread.org/get-help</a>
SafeLink	Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence.		877.785.2020	<a href="http://www.casamyrna.org/get-support/safelink">www.casamyrna.org/get-support/safelink</a>
SAMHSA's National Helpline	Provides a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families in need of mental health resources and/or information for those with substance use disorders.		800.662.HELP (4357)	<a href="http://www.samhsa.gov/find-help/national-helpline">www.samhsa.gov/find-help/national-helpline</a>
Supplemental Nutritional Assistance Program (SNAP)	Provides nutrition benefits to individuals and families to help subsidize food costs.		877.382.2363	<a href="http://www.mass.gov/snap-benefits-formerly-food-stamps">www.mass.gov/snap-benefits-formerly-food-stamps</a>

	Veteran Crisis Hotline	Free, every day, 24/7 confidential support for Veterans and their families who may be experiencing challenges.		988	www.veteranscrisisline.net
<b>Domestic Violence</b>	DOVE, Inc.	Provides support to survivors of domestic violence in four areas of intervention: safety and shelter; advocacy; education and prevention; community engagement.	PO Box 690267 Quincy	617.770.4065 24 Hour Hotline: 617.471.1234	www.dovema.org
<b>Food Assistance</b>	Friendly Food Pantry of Randolph	Provides food assistance to residents of Randolph.	1 Donald S McNeil Way Randolph	339.987.5577	www.friendlyfoodpantry.com
	Germantown Neighborhood Center Food Pantry	Provides food assistance to residents of Quincy.	366 Palmer St Quincy	617.376.1389	www.ssymca.org/germantown-neighborhood-center-food-pantry/
	Interfaith Social Services Food Pantry	Provides food assistance to residents of Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Quincy, Randolph, Scituate or Weymouth.	105 Adams St Quincy	617.773.6203	www.interfaithsocialservices.org
	Milton Community Food Pantry	Provides food assistance to residents of Milton.	158 Blue Hills Parkway Milton	617.696.0221	www.miltonfoodpantryma.org
	Salvation Army Quincy	Provides food assistance to residents of Quincy.	6 Baxter St Quincy	617.472.2345	easternusa.salvationarmy.org/massachusetts/quincy/
	Southwest Community Food Center	Provides food assistance to residents of Quincy.	18 Copeland St Quincy	617.471.0796	www.qcap.org/our-programs/food-nutrition
	Father Bill's & Mainspring	Provides shelter, job support and case management for people without housing.	38 Broad St Quincy	617.770.3314	www.helpfbms.org

<b>Housing Support</b>	Interfaith Social Services-Homesafe Program	Provides a wide range of social services for individuals and families in need of assistance.	105 Adams St Quincy	617.773.6203	www.interfaithsocialservices.org/homesafe
	Metro Housing Boston	Provides information and resources for low and moderate resource families and individuals.	1411 Tremont St Boston	617.859.0400	www.MetroHousingBoston.org
	Milton Housing Authority	Provides affordable, subsidized rental housing for low-resource individuals and families.	65 Miller Ave Milton	617.698.2169	www.miltonhousingauthority.com
	Neighbor Works/Housing Solutions	Provides housing resource assistance.	422 Washington St Quincy	617.770.2227	www.nhsmass.org
	Quincy Community Action	Provides a wide range of social services for individuals and families in need of assistance.	1509 Hancock St 3rd Floor Quincy	617.657.5376	www.qcap.org/our-programs/housing-programs
	Quincy Housing Authority	Provides affordable, subsidized rental housing for low-resource residents in Quincy.	80 Clay St Quincy	617.847.4350	www.quincyha.com
	Randolph Housing Authority	Provides affordable, subsidized rental housing for low-resource older adults and persons with disabilities.	1 Decelle Dr Randolph	781.961.1400	www.randolphha.com/Home.aspx
	Adcare	Provides comprehensive and individualized treatment programs for individuals, and families recovering from substance use disorders and co-occurring disorders.	1419 Hancock St Ste 301 Quincy	617.328.0639	www.adcare.com/locations/quincy
	Aspire Health Alliance	Provides early intervention, mental health treatment and recovery programs.	460 Quincy Ave Quincy	617.847.1950	www.aspirehealthalliance.org

<b>Mental Health and Substance Use</b>	Bay State Community Services Quincy	Provides Child and Family Services, Outpatient Behavioral Health Counseling, Prevention Services, Restorative Justice Programs, Substance Use Recovery Services, Residential Treatment, Day Services, and Peer Recovery Support Services.	1120 Hancock St Quincy	617.471.8400	www.baystatecs.org
	Beth Israel Lahey Health (BILH) Behavioral Services	Provides high-quality mental health and addiction treatment for children and adults ranging from inpatient to community-based services.		978.968.1700	www.bilhbehavioral.org
	Dana Group	Provides psychology, psychiatry, and medication management.	21 Thomas McGrath Highway Ste 202 Quincy	617.786.0137	www.dana-group.com/mass-bay-counseling/
	Gavin Foundation	Provides comprehensive adult, youth and community substance use education, prevention and treatment programs.	43 Old Colony Ave Quincy	617.845.5785	www.gavinfoundation.org
	Good Shepherd's Maria Droste Counseling	Provides professional mental-health counseling and holistic therapies.	1354 Hancock St Ste 209 Quincy	617.471.5686	www.mariadrostecounseling.com
	Lamour Clinic	Provides behavioral health, therapeutic and community-based services for individuals, children, and families.	44 Diauto Dr Randolph	781.885.7252	www.lamourclinic.org
	New Directions Counseling Center	Provides counseling services for Individuals, Couples, Family, Group, Adults and Youth.	105 Adams St Quincy	617.773.6203 ext. 12	www.interfaithsocialservices.org/new-directions-counseling-center
	A New Way Recovery	Provides support, resources and encouragement for all paths of recovery.	85 Quincy Ave Ste B Quincy	617.302.3287	www.anewwayrecoveryctr.org
	Volunteers of America Massachusetts	Provides programs to low resource individuals throughout Eastern Massachusetts with programming for At-Risk Youth; Mental Health and Substance Abuse Services; and Veterans Services.	1419 Hancock St Ste 202 Quincy	617.770.9690	www.voamass.org

<b>Senior Services</b>	Milton Council on Aging	Provides services for older adults in Milton including fitness, education, social services, and recreation.	10 Walnut St Milton	617.898.4893	<a href="http://www.townofmilton.org/council-aging">www.townofmilton.org/council-aging</a>
	Quincy Council on Aging	Provides services for older adults in Quincy including fitness, education, social services, and recreation.	440 East Squantum St Quincy	617.376.1506	<a href="http://www.quincyma.gov/govt/depts/elder/default.htm">www.quincyma.gov/govt/depts/elder/default.htm</a>
	Randolph Intergenerational Center/Randolph Council on Aging	Provides services for older adults in Randolph including fitness, education, social services, and recreation.	128 Pleasant St Randolph	781.961.0930	<a href="http://www.randolphicc.com">www.randolphicc.com</a>
	South Shore Elder Services	Provides a wide range of in-home services to low-resource older adults including Meals on Wheels.	350 Granite St Ste 2303 Braintree	781.848.3910	<a href="http://www.sselder.org">www.sselder.org</a>
<b>Transportation</b>	MBTA	Provides transportation thru out Milton and surrounding communities.			<a href="http://www.mbta.com">www.mbta.com</a>
	South Shore Community Action Council	Provides transportation assistance to older adults or people with disabilities or low resource residents throughout the South Shore area (including Milton, Quincy, Randolph) to medical appointments, day health programs, and education facilities.		508.747.7575	<a href="http://www.sscac.org">www.sscac.org</a>
<b>Additional Resources</b>	Germantown Neighborhood Center	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	366 Palmer St Quincy	617.376.1384	<a href="http://www.ssymca.org/location/germantown-neighborhood-center">www.ssymca.org/location/germantown-neighborhood-center</a>
	Hale Family YMCA	Offers a wide range of youth development programs, healthy living and fitness classes, and social responsibility outreach opportunities.	79 Coddington St Quincy	617.479.8500	<a href="http://www.ssymca.org/location/quincy">www.ssymca.org/location/quincy</a>

<b>RESOURCES</b>	Quincy Asian Resources	Provides culturally competent services, such as workforce development, adult education programs, youth development, and cultural events as well as information and referrals to public or other community organizations to Quincy and neighboring communities.	1509 Hancock St Quincy	617.472.2200	www.quincyasianresources.org
------------------	------------------------	--	---------------------------	--------------	------------------------------